



Hello,

NAPA Helpline – How can it help you?

Although NAPA has offered a helpline service for several years, funding from the Rayne Foundation has enabled us to provide a free phone number, making the service *completely free*.

You can learn more about how the helpline can help *you* on NAPA's Helpline Podcast, [NAPA Podcast FINAL.mp4](#) where you will hear Hilary Woodhead, Executive Director, and me discussing the value of the helpline to activity coordinators, and carers whether in a formal care setting or at home.

To introduce this number and help you promote it in your setting we have put together a pack, which we hope will help you to do this, there is a poster and two different size cards. In addition, I have included some information for you which I hope you will find helpful:

- Effective planning for activities
- Forty songs to sing together
- Introduction to two songs – “Ce Sera, Sera” and “He’s got the whole world”
- NAPA’s training information
- Printable poster to put in the staffroom
- Printable cards (postcard and business card size) so you can always carry the number with you

The helpline is here for *you* and we look forward to hearing from you.

I would greatly appreciate any feedback on how the helpline helps you, or how you think it can be improved. I will be contacting member organisations in due course to gather everyone’s’ views but do get in touch at any time if you have specific feedback or suggestions.

Yours sincerely,

Sylvia

Sylvia Cowleard
NAPA Helpline Manager

